

Platinum[®] PRO

TREADMILL PRO USER MANUAL



It's easy to feel good!

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Welcome

Your choice shows that you really want to invest in your well being and condition; it also shows you really value high quality, safe and motivating product as your training partner. Whatever your goal in training, we are certain this is the training equipment to get you there. You'll find information about using your exercise equipment and what makes for efficient training at Tunturi's website at WWW.TUNTURI.COM

Important Safety Instructions

Read this guide through carefully before assembling, using or servicing your fitness equipment. Please keep the guide somewhere safe; it will provide you now and in the future with the information you need to use and maintain your equipment. Always follow these instructions with care.

Note about your health

- Before you start any training, consult a physician to check your state of health.
- If you experience nausea, dizziness or other abnormal symptoms while exercising, stop your workout at once and consult a physician.
- To avoid muscular pain and strain, begin each workout by warming up and end it by cooling down (slow pedaling at low resistance). Don't forget to stretch at the end of the workout.

Note about the exercise environment

- The equipment is not to be used outdoors.
- Place the equipment on a firm, level surface. Place the equipment on a protective base to avoid any damages to the floor beneath the equipment.
- Make sure that the exercising environment has adequate ventilation. To avoid catching cold, do not exercise in a draughty place.

- In training, the equipment tolerates an environment measuring +10°C to +35°C. The equipment can be stored in temperatures ranging between -15°C and +40°C. Air humidity in the training or storage environment must never exceed 90%.

Note about the equipment

- If children are allowed to use the equipment, they should be supervised and taught to use the equipment properly, keeping in mind the child's physical and mental development and their personality.
- Before you start using the equipment, make sure that it functions correctly in every way. Do not use faulty equipment.
- Press the keys with the tip of the finger; your nails may damage the key membrane.
- Never lean on the interface.
- Never remove the side covers. Do not step on the frame casing.
- Only one person may use the equipment at a time.
- Hold the handlebar for support when getting on or off the equipment.
- Wear appropriate clothing and shoes when exercising.
- Protect the meter from sunlight and always dry the surface of the meter if there are any drops of sweat on it.
- Further information on warranty terms can be found in the warranty booklet included with the product.
- Please note that the warranty does not cover damage due to shipping or negligence of adjustment or maintenance instructions described in this manual.
- The equipment must not be used by persons weighing over 150 kg.
- Do not attempt any servicing or adjustments other than those described in this guide. Everything else must be left to someone familiar with the maintenance of electromechanical equipment and authorized under the laws of the country in question to carry out maintenance and repair work.
- Never drop or insert any object into any openings.

- Do not use outdoors.
- Do not use excessive pressure on console control keys. They are precision set to properly function with little finger pressure. Pushing harder is not going to make the unit go faster or slower. If you feel the buttons are not functioning properly with normal pressure, contact your dealer.

SAVE THIS INSTRUCTION MANUAL

Important Electrical Information

NOTE:

NEVER use a RCD - Residual Current Device (U.S. ver.= GFCI) - wall outlet with this treadmill. As with any appliance with a large motor, the RCD/ GFCI will trip often. Route the power mains cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.

NOTE:

NEVER remove any cover without first disconnecting AC power. If voltage varies by ten percent (10%) or more, the performance of your treadmill may be affected. Such conditions are not covered under your warranty. If you suspect the voltage is low, contact your local power company or a licensed electrician for proper testing.

NOTE:

NEVER expose this treadmill to rain or moisture. This product is NOT designed for use outdoors, near a pool or spa, or in any other high humidity environment. The temperature specification is 40 degrees c, and humidity is 95%, non condensing (no water drops forming on surfaces).

Circuit breakers

Some circuit breakers used in homes are not rated for high inrush currents that can occur when a treadmill is first turned on or even during normal use. If your treadmill is tripping the circuit breaker (even though it is the proper current rating and the treadmill is the only appliance on the circuit) but the circuit breaker on the treadmill itself does not trip, you will need to replace the breaker with a high inrush type. This is not a warranty defect. This is a condition we as a manufacture have no ability to control. This part is available through most electrical supply stores

Grounding Instructions

This product must be grounded. If the treadmill's electrical system should malfunction or breakdown grounding provides a path of least resistance for electric current, reducing the risk of electric shock. This product is equipped with a cord having an equipment-grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

NOTE:

Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product if it will not fit the outlet; have a proper outlet installed by a qualified electrician.

General Instructions

- NEVER operate this treadmill without reading and completely understanding the results of any operational change you request from the computer.
- Understand that changes in speed and incline do not occur immediately. Set your desired speed on the computer console and release the adjustment key. The computer will obey the command gradually.
- NEVER use your treadmill during an electrical storm. Surges may occur in your household power supply that could damage treadmill components.
- Use caution while participating in other activities while walking on your treadmill; such as watching television, reading, etc. These distractions may cause you to lose balance or stray from walking in the centre of the belt; which may result in serious injury.
- NEVER mount or dismount the treadmill while the belt is moving. The treadmills start with at a very low speed and it is unnecessary to straddle the belt during start up. Simply standing on the belt during slow acceleration is proper after you have learned to operate the unit.
- Always hold on to a handrail or hand bar while making control changes (incline, speed, etc.).

Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure. Pushing harder is not going to make the unit go faster or slower. If you feel the buttons are not functioning properly with normal pressure contact your dealer.

Heart Rate Training

A word about Heart Rate:

The old motto, "no pain, no gain", is a myth that has been overpowered by the benefits of exercising comfortably.

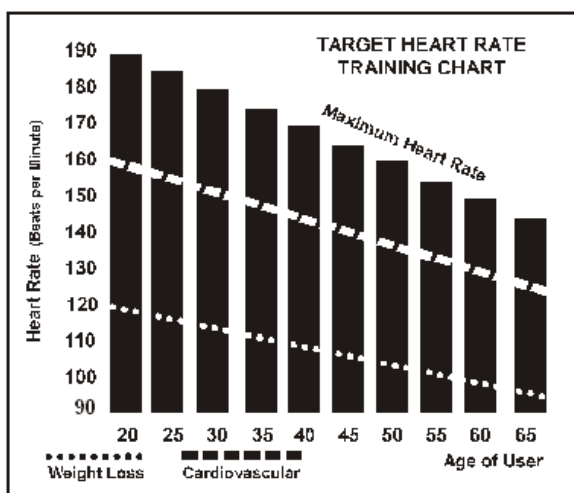
A great deal of this success has been promoted by the use of heart rate monitors. With the proper use of a heart rate monitor, many people find that their usual choice of exercise intensity was either too high or too low and exercise is much more enjoyable by maintaining their heart rate in the desired benefit range.

To determine the benefit range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum heart rate (MHR) for someone of your age. To determine the effective heart rate range for specific goals you simply calculate a percentage your MHR. Your Heart rate training zone is 50% to 90% of your maximum heart rate. 70% of your MHR is the zone that burns fat while 80% is for strengthening the cardio vascular system. This 70% to 80% is the zone to stay in for maximum benefit.

For someone who is 40 years old their target heart rate zone is calculated:

$220 - 40 = 180$ (maximum heart rate)
 $180 \times 0.7 = 126$ beats per minute (70% of maximum)
 $180 \times 0.8 = 144$ beats per minute (80% of maximum)

So for a 40 year old the training zone would be 126 to 144 beats per minute.



How to wear your wireless chest strap transmitter:

- Attach the transmitter to the elastic strap using the locking parts.
- Adjust the strap as tightly as possible as long as the strap is not too tight to remain comfortable.
- Position the transmitter with the logo centered in the middle of your body facing away from your chest (some people must position the transmitter slightly left of center). Attach the final end of the elastic strap by inserting the round end and, using the locking parts, secure the transmitter and strap around your chest.
- Position the transmitter immediately below the pectoral muscles.
- Sweat is the best conductor to measure very minute heart beat electrical signals. However, plain water can also be used to pre-wet the electrodes (2 black square areas on the reverse side of the belt and either side of transmitter). It's also recommended that you wear the transmitter strap a few minutes before your work out. Some users, because of body chemistry, have a more difficult time in achieving a strong, steady signal at the beginning. After "warming up", this problem lessens. As noted, wearing clothing over the transmitter/strap doesn't affect performance.

- Your workout must be within range - distance between transmitter/receiver – to achieve a strong steady signal. The length of range may vary some what but generally stay close enough to the console to maintain good, strong, reliable readings. Wearing the transmitter immediately against bare skin assures you of proper operation. If you wish, you may wear the transmitter over a shirt. To do so, moisten the areas of the shirt that the electrodes will rest upon.
- To disconnect from the machine

Remark

The transmitter is automatically activated when it detects activity from the user's heart. Additionally, it automatically deactivates when it does not receive any activity. Although the transmitter is water resistant, moisture can have the effect of creating false signals, so you should take precautions to completely dry the transmitter after use to prolong battery life (estimated transmitter battery life is 2500 hours). If your chest strap has a replaceable battery the replacement battery is Panasonic CR2032.

Caution!

Do not use this product for Target Heart Rate unless a steady, solid Actual Heart Rate value is being displayed. High, wild, random numbers being displayed indicate a problem. Areas to look at for interference, which may cause erratic heart rate: Microwave ovens, TVs, small appliances, etc. Fluorescent lights. Some household security systems. Perimeter fence for a pet. Some people have problems with the transmitter picking up a signal from their skin. If you have problems try wearing the transmitter upside down. Normally the transmitter will be oriented so the logo is right side up. The antenna that picks up your heart rate is very sensitive. If there is an outside noise source, turning the whole machine 90 degrees may de-tune the interference. If you continue to experience problems contact your dealer.

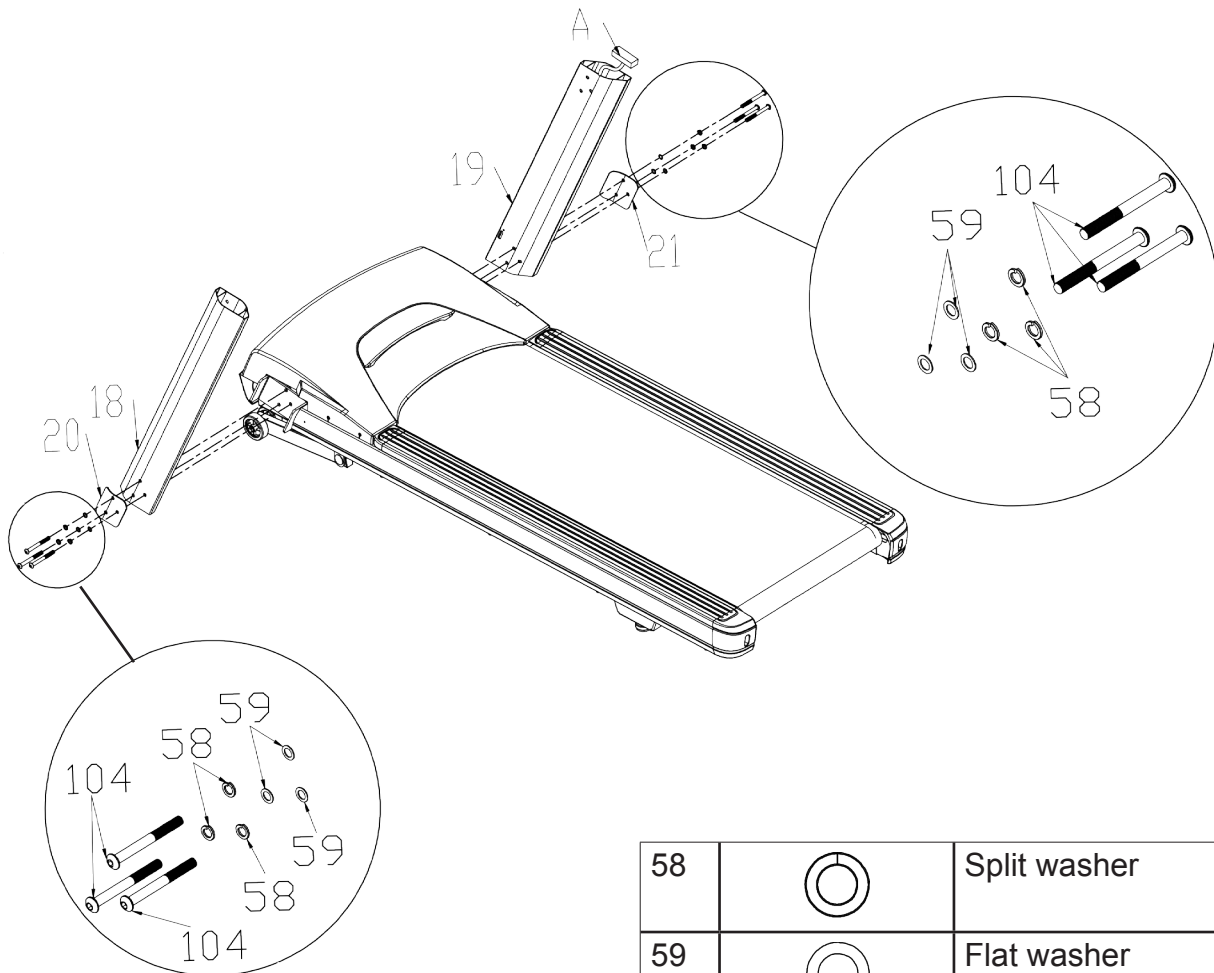
Assembly





Step 1: Upright Tubes

- The right side upright tube (19) has the computer cable (A) pre installed. Lift the tube off the walking surface and attach it to the base frame. You need to gently pull on the computer cable as you line u the upright tube, taking the slack out, so the cable does not get pinched between the tube and the base frame. Assemble one 3/8" x 3-3/4" Button Head Socket bolt (104), 3/8" split washer (58)

and 3/8" 1. flat washer (59) and 10" nylon washer (153) through the top hole in the retaining plate (21), and corresponding top hole in the upright tube, and screw into the base frame. Now install the other two bolts (104) and washers (58 & 59 & 153) and tighten all three hand tight fixed

- Install the left upright (18) in the same manner, but without 10" nylon washer (153)

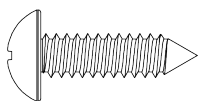
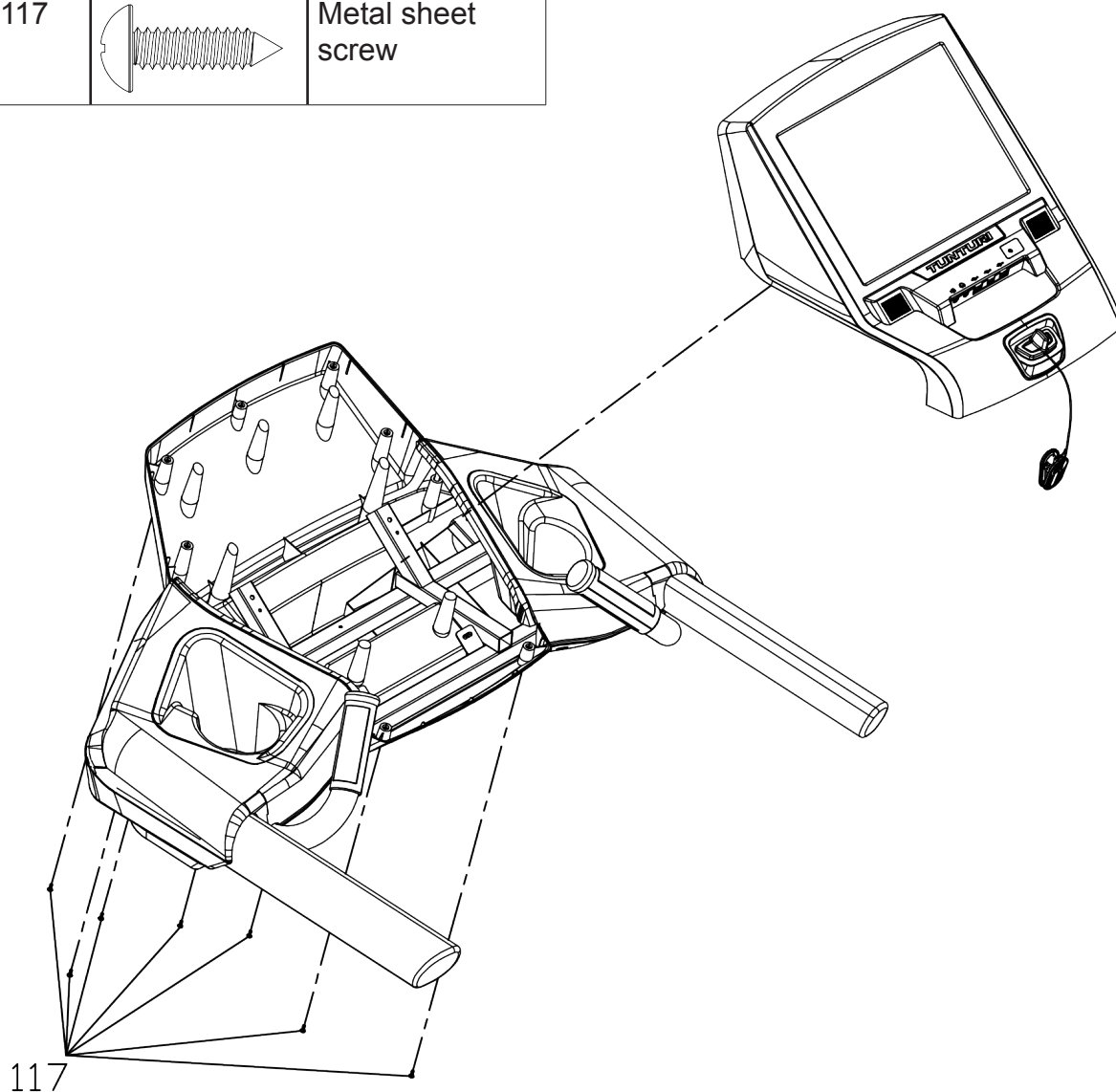


58		Split washer
59		Flat washer
104		Button head socket bold.
153		Nylon washer.

Step 2: Console Assembly to Upright Tubes

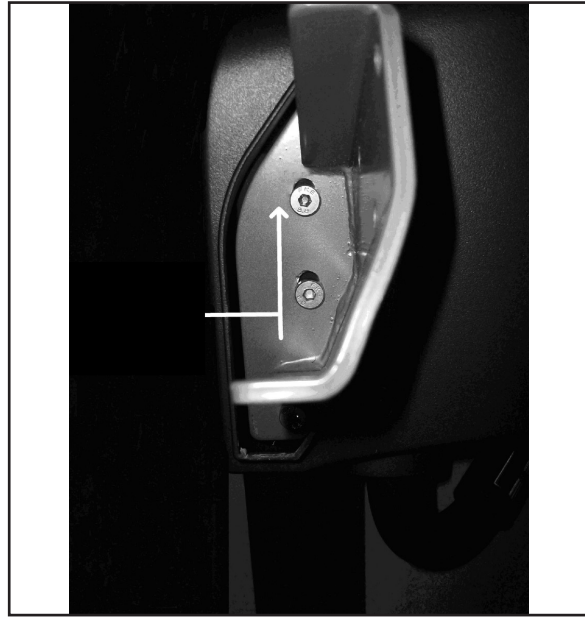
- Connect wire connections between user interface electronics and user interface assembly frame.
- Fix the upper cover with the lower cover by fastening the 7 screws (117)

117

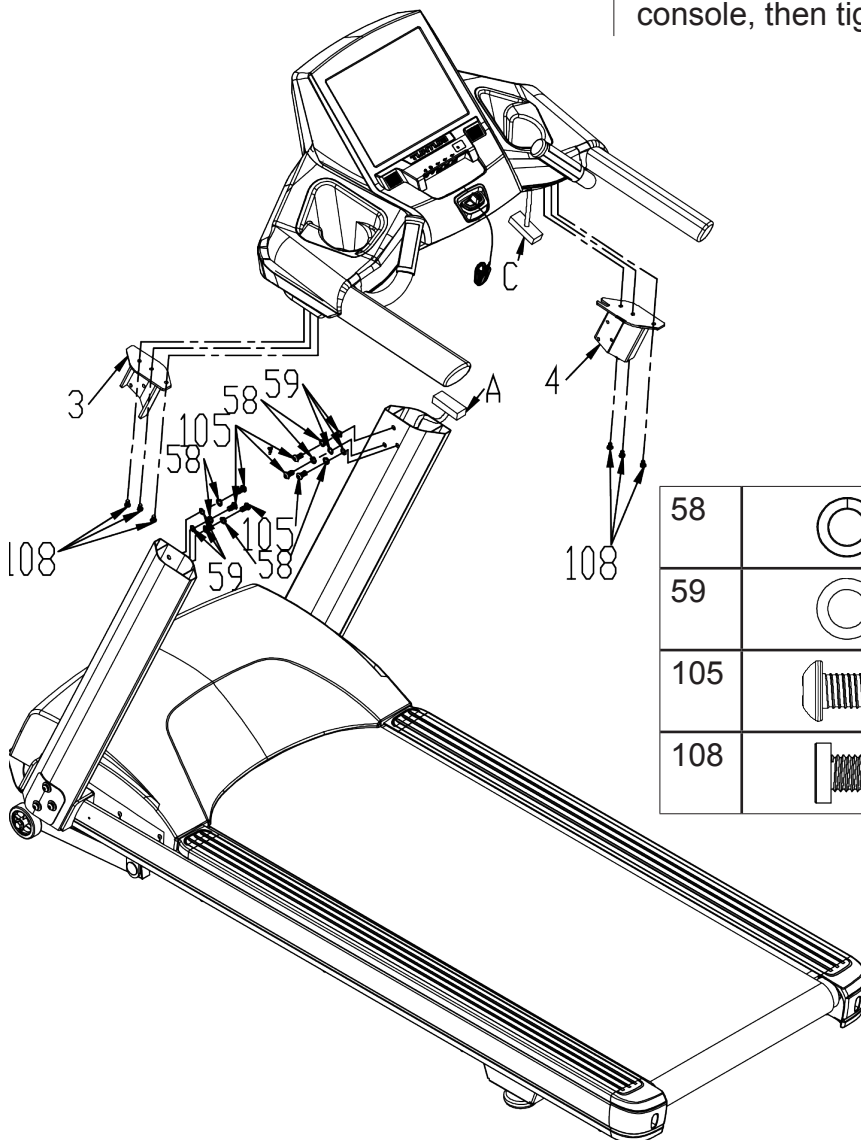
Metal sheet
screw



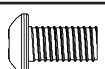

Step 3: Console Assembly to Upright Tubes

- Attach the two interface mounts (3 left & 4 right) to the console assembly frame with six M8x12mm socket head cap bolts (108). Note: Position mounting brackets (3 & 4) all the way to the back of the console, then tighten the screws.
- Connect the console computer cable (C) to the mating cable (A) from the upright tube.
- 3. Attach the console assembly to the top of the uprights with six 3/8" x 3/4" bolt (105), 3/8" split washer (58) and 3/8" flat washer (59). Be careful not to pinch the computer cable.




Position mounting brackets (3 & 4) all the way to the back of the console, then tighten the screws.

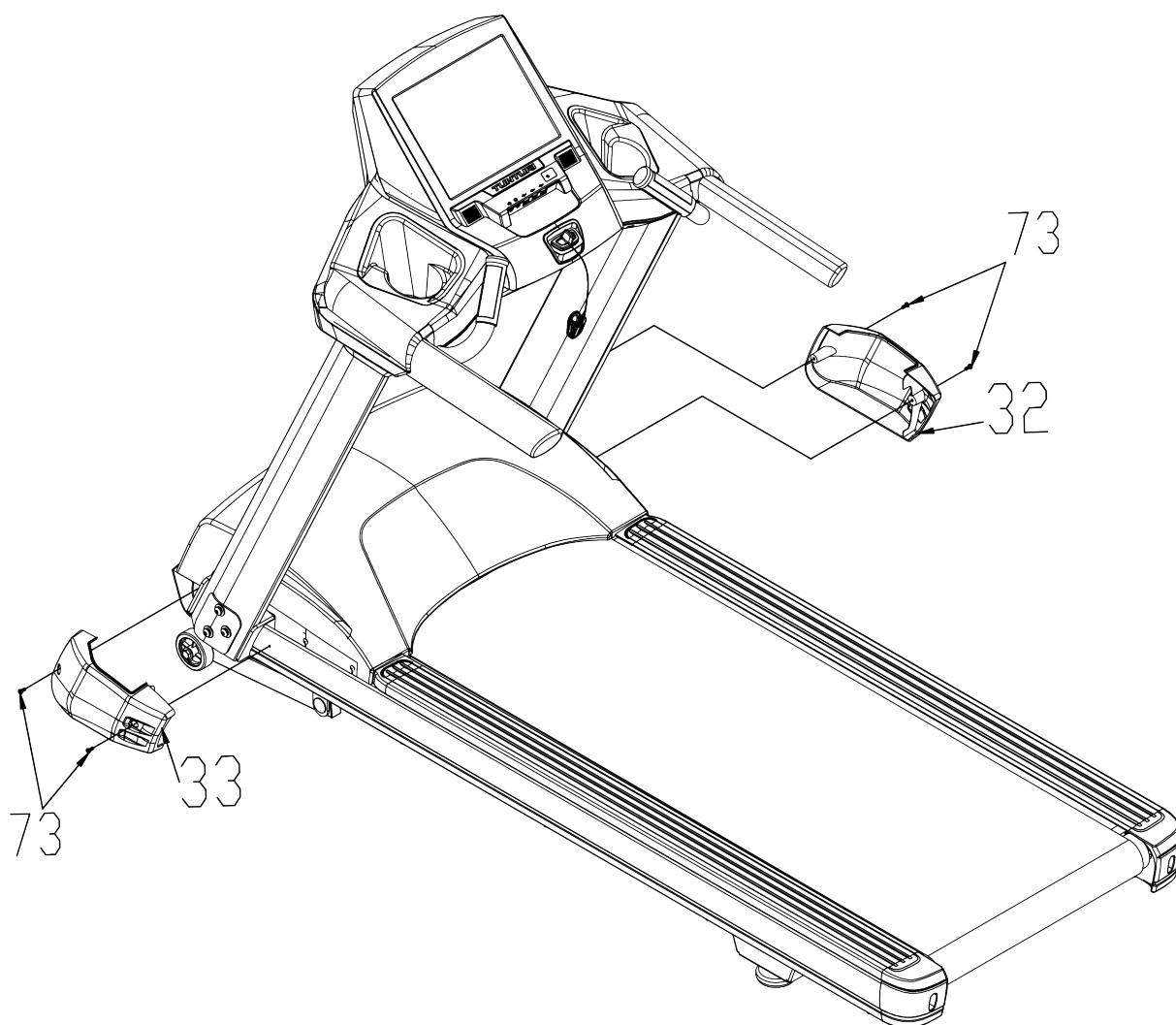


58		split washer
59		flat washer
105		bolt
108		socket head cap bolt

Step 4: Lower side caps

- Fully tighten the in assembly step 1 hand tight tightened bolts (104) on the right hand and left hand side to fix the upright tubes.
- Install the lower side caps (32 & 33) with four M5x12mm Phillips Head screws (73).

73		Phillips head screw
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User interface



Hardware buttons

Energy efficient:

Pressing Energy efficient button will wakes up console when being in stand by mode. (See "settings/ Power Management" for more details)

Connectors:

Display is equipped with 2 x 3,5 mm jack sockets.

Right hand Jack near USB is for Line out
Left hand side Jack is for Line in

Display is equipped with 3 USB sockets for storage device connection.

The USB socket can only read FAT32 formatted format.

Remark:

FAT32 environment is limited to 4GB file size.

Safety Key

A safety key is provided with this unit. It is a simple magnetic design that should be used at all times. It is for your safety should you fall or move too far back on the running belt.

Pulling this safety key will stop running belt movement.

To Use:

- Place the magnet into position on the console control head. Your treadmill will not start and operate without this.

- Fasten the plastic clip onto your clothing securely to assure good holding power. Note: The magnet has strong enough power to minimize accidental, unexpected stopping. The clip should be attached securely to make certain it does not come off. Be familiar with its function and limitations. The treadmill will stop, depending on speed, with a one to two step coast anytime the magnet is pulled off the console. Use the red Stop / Pause switch in normal operation.

Software Buttons

Software buttons:

Remark:

Only buttons shown bright can be used for its function. When buttons are in grey shade, the button option is not active.



Back

Go back to former window without saving changes.



OK

Confirm setting/ save change and go to next screen.



Cancel

Clear changed data without saving change.



Scroll

Use arrows Left-Right/ Up-Down to see more selectable items than can be shown in main window.



Data change

Upper or lower the data value.

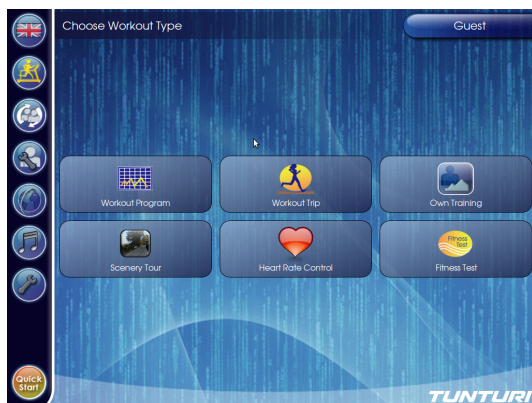


Software key pad

show software key pad when available.

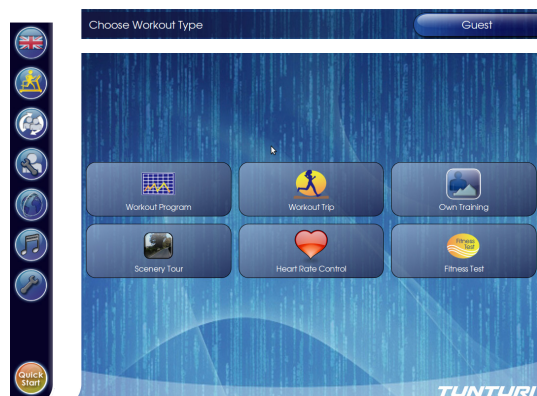
Power on

Display will show at power on, a window as a screen saver to inform you the display software is preparing the application.



When display has started you will see the above window

The display can be divided in 3 sections.



Main function bar (Left)

Main function bar is showing main function buttons to access different mode options. Main function bar is visible in any exercise mode, and buttons can be pressed at all times.

Information bar (upper)

Information bar is showing:
In right upper corner the selected user profile at all times.
In left upper corner program mode information.
Information bar is not active as touch screen region.

Main display region (Centre)

Main display region is changing in every program mode.

In active mode it shows the progress of your program, and in programming mode it shows buttons and selection tools to set required data for your workout. It is also your main window for web browser mode, and multimedia play back.

Display functions

Multi language support



The user manual can be preset in multi languages. When setting a language most of the user interface content will change into selected language.
Note: Engineer mode related text will not change into selected language, as this is only available in English.

User can choose from shown languages.

Select your language by pressing the matching flag button and user text will change into selected language directly. You can select an other display function by selecting a button from the main function bar

Programs

Select Programs by pressing the workout selection button.



Setting your workout goal

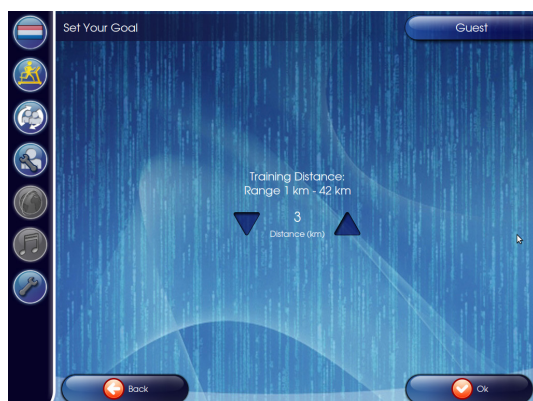
Depending on your workout type you can set your workout goal in different ways.

Setting your goal for distance.

When your program allows you to set your workout goal for a distance you will see the below window after selecting your workout program.



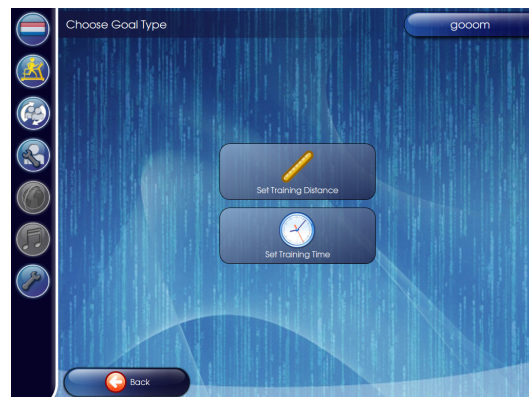
To set a distance you need to select the "set Training distance" button to go to the next step in programming.



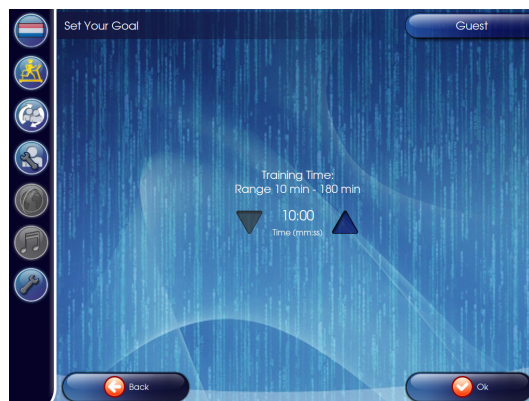
Use the arrow buttons to upper or lower your goal. The goal limits are shown in window too. (this image shows the limits in metric settings) Press "OK" button to confirm. You will go to your ready to go program you have selected.

Setting your goal for time.

When your program allows you to set your workout goal for a time you will see the below window after selecting your workout program.



To set a time you need to select the "set Training time" button to go to the next step in programming.

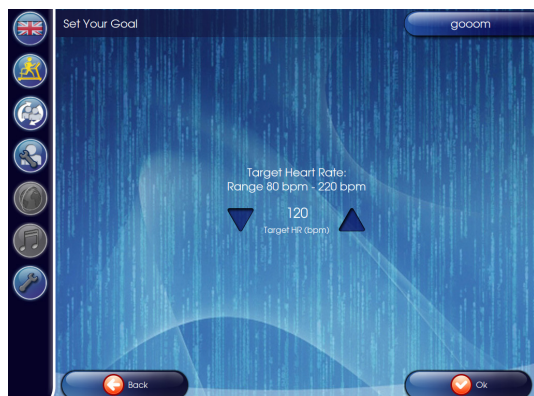


Use the arrow buttons to upper or lower your goal. The goal limits are shown in window too. Press "OK" button to confirm. You will go to your ready to go program you have selected.

Setting your goal for heart rate.

When your program allows you to set a heart rate limit to control your workout intensity, see the below window after selecting your heart rate controlled workout program.

(Note: you may need to set a goal for distance and/ or time too to set a duration / distance limit still.)



Use the arrow buttons to upper or lower your goal. The goal limits are shown in window too. Press "OK" button to confirm. You will go to your ready to go program you have selected.

Speed and incline control

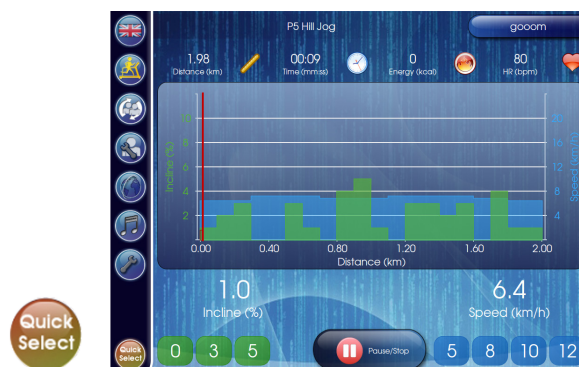
Standard adjustment

You can use the arrows in left lower corners at all times to adjust your incline setting, or arrows in the right corner to adjust your speed setting.



Quick select buttons

When pressing Quick Select button in lower corner you can change the manual arrow adjust buttons into speed buttons as shown below.



Speed hot keys:

Speed Hot Keys are set as 5, 8, 10, 12
For example, the speed changes from any speed to 10 by pressing the Speed Hot Key 10.

Elevation hot keys::

Incline Hot Keys are set 0, 3, 5%
For example, the elevation level changes from any level to 3% by pressing the Elevation Hot Key 3.

When pressing the Quick select button once again, it will show the standard adjust arrows again for speed and incline.



Workout Program

The “Workout Program” programs contain preset incline and speed pattern. User could select distance or time as workout goal. There are 5 preset programs: P1 (manual), P4 (Hill Walk), P5 (Hill Jog), P6 (Hill Run), P7 (Rolling Hills)



Select your program and the goal selection window appears. Set your workout goal to start your selected program.

You will see below program profile when being in active mode.

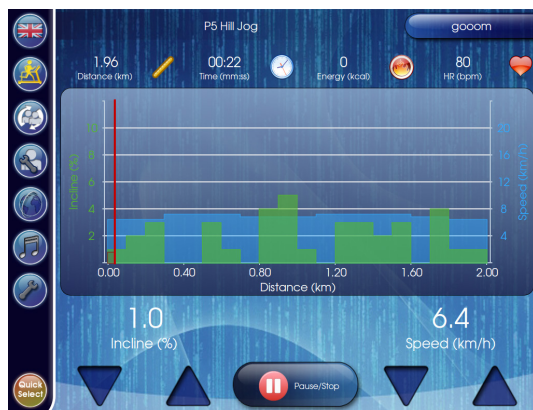


Chart display shows:

- Y-Axis left side: Incline %
 - Y-axis.right side: Speed meter
 - X-axis: Distance when in distance mode. Time when in time mode
- Window size is 2KM for distance unit and 10 Min for time unit.



Workout Trip

The “Workout Trip” programs contain real geometric data, like position, altitude, and incline. Therefore, these programs only contain preset incline. The default speed is 0.8 KM/h. However, user still could adjust NM when running.

There are 3 preset programs:

A: Tuscany Country road

B: Tuscany Sandy Track

C: Tuscany Scenery Slopes



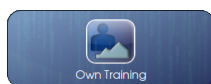
Select your program and the goal selection window appears. Set your workout goal to start your selected program.

You will see below program profile.



Chart display shows:

- Y-Axis left side: Incline %
 - Y-axis.right side: Speed meter
 - X-axis: Distance when in distance mode. Time when in time mode
- Window size is 2KM for distance unit and 10 Min for time unit.



Own Training

User could save workout as his/her "Own Training" in following criteria:

- Workout type is one of Workout Program, Workout Trip, Scenery Tour, and Heart Rate Control.
- Workout ran exceeds 0.1KM and 5Min.

Select a stored training if there are any by using the arrows (Left/ Right)



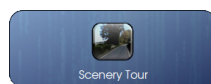
When selected your program you can choose between Rerun mode and Race mode after confirm by pressing OK button.



When select Rerun mode:
Before workout, setup distance or time as goal. Default distance and time is set to max value depends on each own training.

When select Race mode:
Workout always uses the distance or time as goal in previous workout. After workout, result will show on chart region.

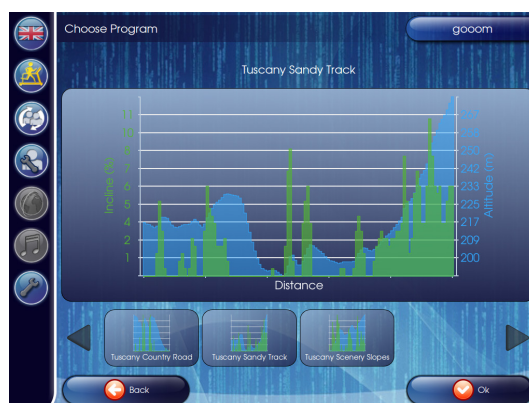
The workout screen outlook depends on workout mode type.



Scenery Tour

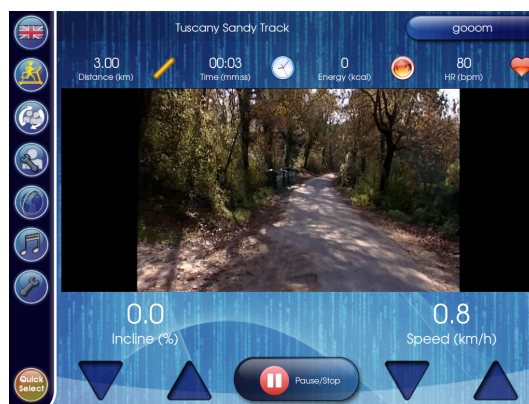
"Scenery Tour" uses the same workout profiles as in "Workout Trip", except it has the video playback. The video was recorded the scene in the local site. The video playback speed will be adjusted automatically depends on treadmill speed: The programs contain real geometric data, like position, altitude, and incline. Therefore, these programs only contain preset incline. The default speed is 0.8 KM/h. However, user still could adjust speed when running. There are 3 preset programs:

- A: Tuscany Country road
- B: Tuscany Sandy Track
- C: Tuscany Scenery Slopes

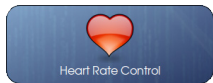


Select your program and the goal selection window appears. Set your workout goal to start your selected program.

You will see below program profile.



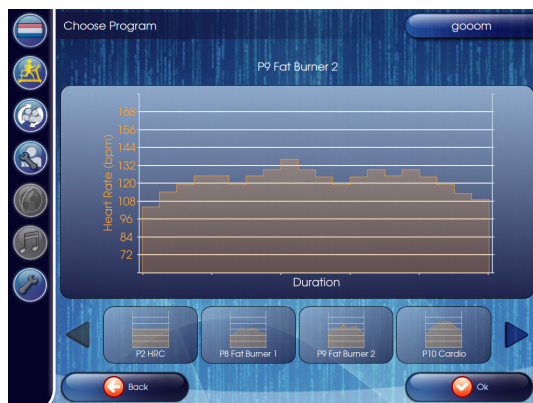
You can use the speed/ incline control arrows at all times to adjust your workout intensity.



Heart Rate Control

The “Heart Rate Control” programs are designed to control user heart rate by resistance adjustments. So, heart rate transmitter is required for the workout. There are 6 preset programs

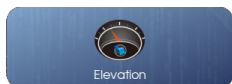
- A: HRC
- B: P08 Fat Burner 1
- C: P09 Fat Burner 2
- D: P10 Cardio
- E: P11 Fit



Select your program and select your training mode.



In speed mode you can manually adjust incline setting and change your target heart rate. Speed is controlled by the program.



In incline mode you can manually adjust speed setting and change your target heart rate. incline is controlled by the program.



In combination mode you can change your target heart rate only. incline and speed are controlled by the program.

After confirm the goal selection window appears. Set your work out goal to start your selected program.

You will see below program profile.

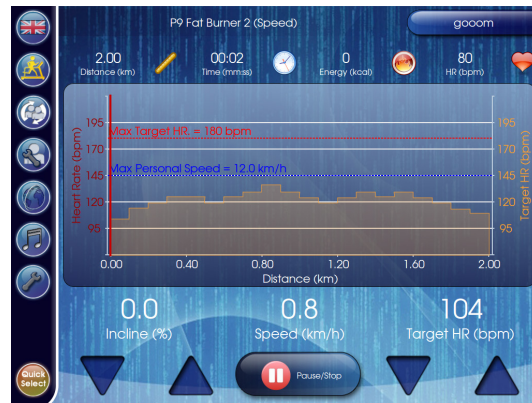
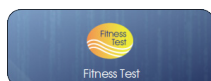


Chart display shows:

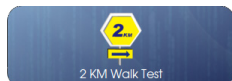
- Y-Axis left side: Heart rate (BMP)
 - Y-axis.right side: Target heart rate
 - X-axis: Distance when in distance mode. Time when in time mode
- Window size is 2KM for distance unit and 10 Min for time unit.

You can use the arrows to adjust settings. The adjustable settings are depending on the chosen training mode.



Fitness Test

Fitness test measure users fitness and show the result after test. There are two test modes



2KM Walk test

Fits to ordinary people.

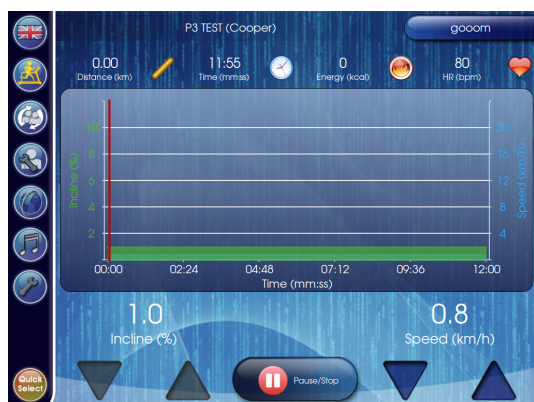
The distance is 2KM and incline is set to 1%. HR transmitter is required during test. User should walk/run as fast as possible and stop/pause will fail the test. Speed is controlled by user.



Cooper test

Fits more fit users.

The time is set on 12 min and incline is set to 1%. User should walk/run as far as possible. Speed is controlled by user.



Change user

Open Change user menu by pressing "Change user" button in main function bar.



You can change a user in the same way as you would create a user.

Select a user you want to change or press "Create User" button and create/modify as below:



Create User

To create a new user you press the "Create User" button. Below window will appear.



Use the digital keyboard to write your name, and select an avatar to use as your personal icon. Press the "DONE" key on the digital key board when you have set up your name and avatar right. Press "OK" button to continue.

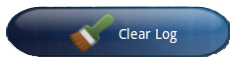
Your user is created with the standard user settings. Continue the setup of the user profile by "Change User" details in "Edit User" chapter.

Edit User

Open Change user menu by pressing “Edit User” button in main function bar.

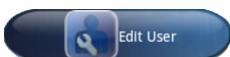


This menu shows in the upper section the total workout log of the user. The lower section shows the workout log of latest workout.



Clear Log

“Clear Log” button can be pressed to delete as well total value as latest workout value.
Note: Display will not prompt to confirm.



Edit User

“Edit User” button can be pressed to change user preferences/ settings.



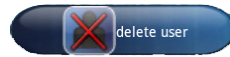
User details:

- Gender
- Age
- Height
- Weight
- Max HR (will be set automatically by selecting gender and age. But can be changed if wanted)

Unit details:

- Mass unit (KG/ LBS)
- Length unit (Metric/ Imperial)
- Energy unit (Calorie/ Jouls)

When all filled out correctly, press “OK” button to confirm.



Delete User

When button pressed the user interface will ask to confirm your action to delete user and it's data completely.

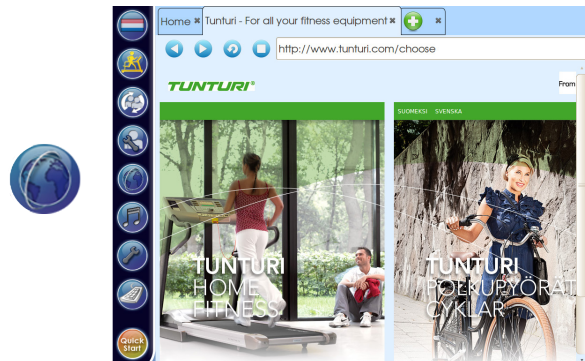


Rename

When button is pressed you can change user name, and keep the stored by the new given name.
See “Create User” for details.

Web browser

Open “Web browser” by pressing the “Internet” button in main function bar.



When touching the URL bar you will automatically see a software keyboard appear.



Remark:

possibly not all websites will be displayed correctly.

Remark:

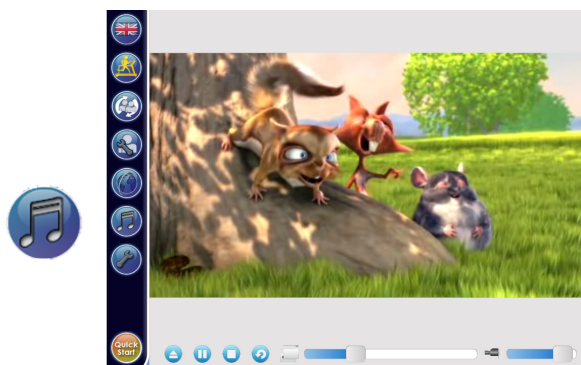
Browsing the internet requires WiFi connection. (See chapter “Settings”)

Remark:

The limit of page numbers that can be open at the same time is 8

Media Player

Open “Media Player” by pressing the “Media” button in main function bar.

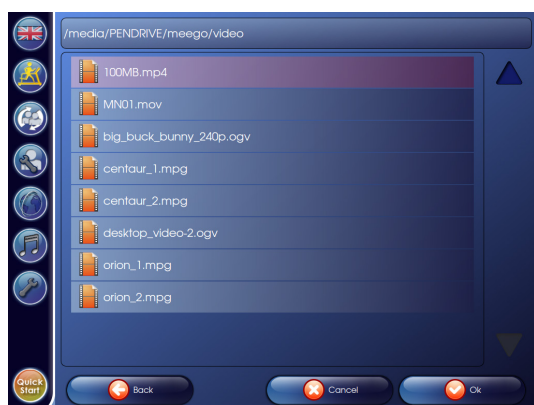


Control buttons for media player



Browse

Press the browse button to search for the files you like to play back.



Remark:

Best you can store your files on an USB drive, and put this in one of the available USB slots. USB drive must be formatted in FAT32 format.

Remark:

possibly not all files will be able to play.



Play control

Use play control button to play, pause, stop or repeat your selection. rapidly pressing the “home button”



Scale

Press button to minimize or maximize your active video playback window.



Time

Slider shows the position of the playback progress. You can slide the slider to fast forward or fast backward the playback file.



Volume

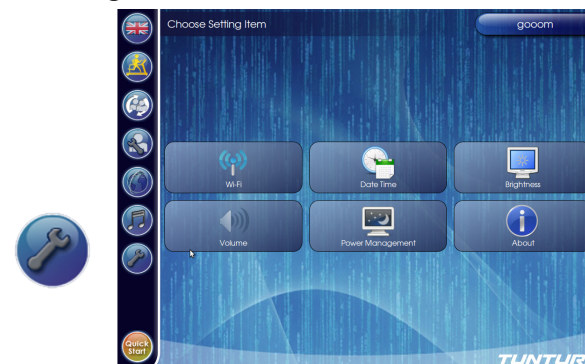
Use slider to control volume

If you haven't stopped the music from playing it will continue to play in most program modes.

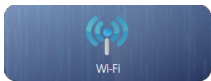
Note: When the selected program/display function requires music and or movie function the media player will stop playing.

Settings

Open Settings menu by pressing the “Settings” button in main function bar.

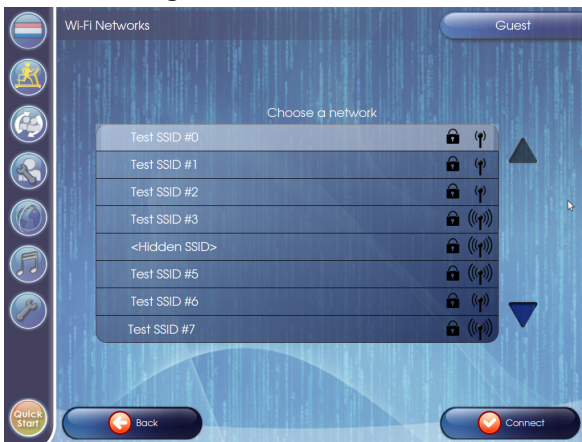


The settings window will appear.



Wi-Fi

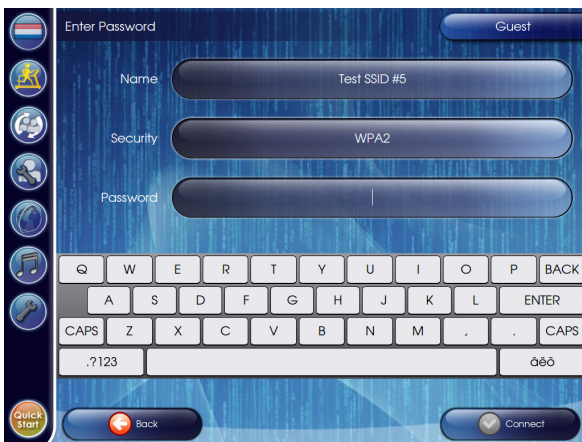
When pressing “Wi-Fi” button it opens Wi-Fi settings window.



Wi-Fi networks:

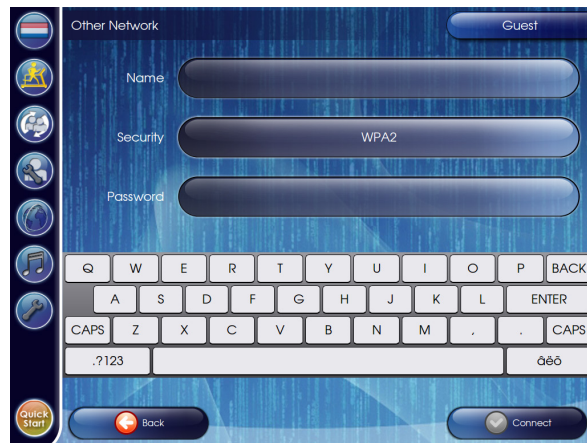
Lists the available networks. It shows authentication and signal strength sign.

Press the network you like to connect to once to open the connection window



Touch the Password bar and the software keyboard will appear automatically. Enter the password and press connect button to establish connection.

Use “Add Wi-Fi network” button, always on the bottom of your list to add a network when SSID is hidden. You might need to swipe to the bottom of the list when many available networks are listed.



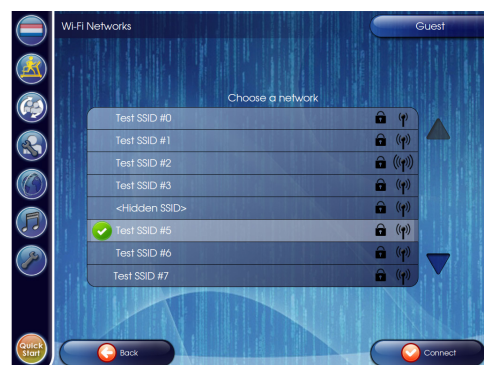
Touch the Network SSID bar and the software keyboard will appear automatically.

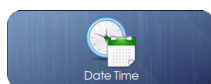
- Enter the network name
 - Select Security mode
 - Fill out Password
- and press connect button to establish connection.

NOTE:

to establish a Wi-Fi connection it might be required to set date and time correct.

When connected with a network it will show the connection sign.



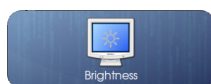


Date Time

When pressing “Date Time” button it opens Date Time settings window.

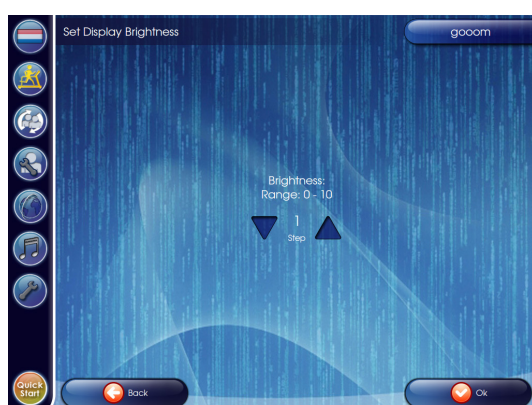


In here you can set date and time correct. You can also set correct time zone if required. Use arrow up or down buttons to adjust. Press OK button to confirm, and go back to setting menu. Press Back button to go back to settings menu without change.

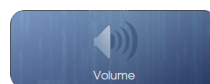


Brightness

When pressing “brightness” button it opens brightness settings window.

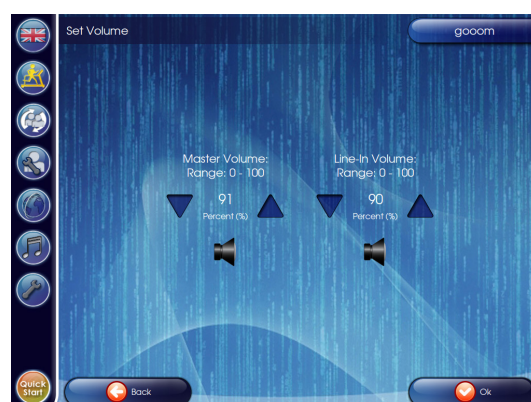


In here you can adjust brightness in range between 0 (darker) and 10 (lighter). Use arrow up or down buttons to adjust.. Press OK button to confirm, and go back to setting menu. Press Back button to go back to settings menu without change.



Volume

When pressing “Volume” button it opens master volume settings window.

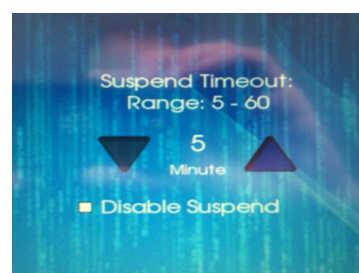


In here you can adjust the master volume for web and media player and line in volume in range between 0 and 100(max). Use arrow up or down buttons to adjust. Press OK button to confirm, and go back to setting menu. Press Back button to go back to settings menu without change.



Power Management

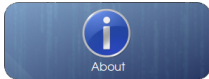
When pressing “Power Management” button it opens power management window.



In factory mode the display will shut in standby mode after 10 minutes being idle. In power management mode you can suspend this by plus/ minus 5 minutes. Range 5/ 60 min. Use arrow up or down buttons to adjust. Press OK button to confirm, and go back to setting menu. Press Back button to go back to settings menu without change.

Remark:

you also find a check box to Disable/enable suspend. When suspend has been disabled, the display will not shut into standby mode.

**About**

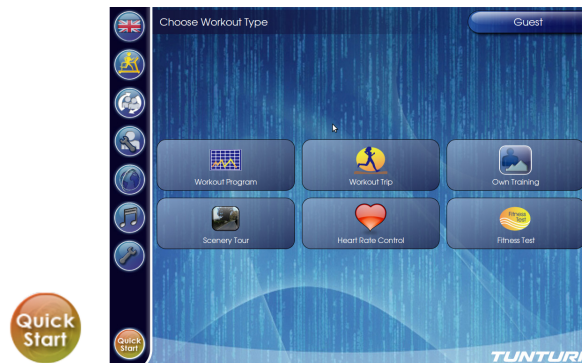
When pressing “About” button it opens about information window.



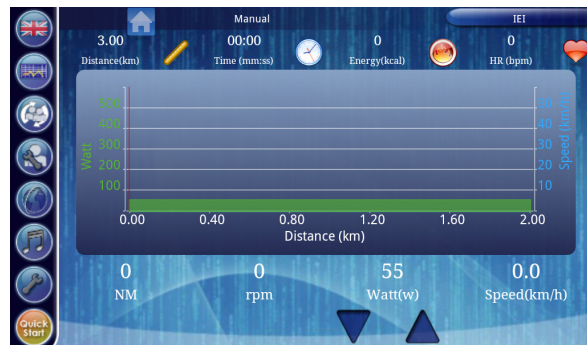
In here you can see the currently installed software information only. Press Back button to go back to settings menu.

Quick Start

Open Quick Start by pressing the “Quick start” button in main function bar.



Quick start will start a workout without any preset settings as in Manual mode.



Adjusting tension levels needs to be done manually, and there is no time limit and ore heart rate limit set.

Maintenance

Belt and Running Deck

Your treadmill uses a very high-efficient low-friction bed. Performance is maximized when the running deck is kept as clean as possible. Use a soft, damp cloth or paper towel to wipe the edge of the belt and the area between the belt edge and frame. Also reach as far as practical directly under the belt edge. This should be done once a month to extend belt and running deck life. Use water only - no cleaners or abrasives. A mild soap and water solution along with a nylon scrub brush will clean the top of the textured belt. Allow the belt to dry before using.

NOTE:

The Running belt is pre-waxed. Any form lubrication will harm the performance and durability of the running belt.

Belt Dust

This occurs during normal break-in or until the belt stabilizes. Wiping excess off with a damp cloth will minimize buildup.

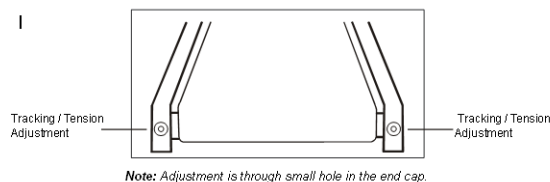
General Cleaning

Dirt, dust, and pet hair can block air inlets and accumulate on the running belt. On a monthly basis: vacuum underneath your treadmill to prevent buildup. Twice a year, you should remove the black motor hood and vacuum out dirt that may accumulate.

UNPLUG POWER CORD BEFORE THIS TASK.

Belt adjustments:

Running belt Tension Adjustment - Adjustment must be made from the rear roller. The adjustment bolts are located at the end of the step rails in the end caps, as noted in diagram below.



Tighten the rear roller bolts (clockwise) only enough to prevent slippage at the front roller. Turn both running belt tension adjustment bolts in increments of 1/4 turn each and inspect for proper tension by walking on the belt at a low speed, making sure the belt does not slip. Keep tensioning the bolts until the belt stops slipping.

If you feel the belt is tight enough, but it still slips, the problem may be a loose Motor drive belt under the front cover.

Do Not Overtighten

Over tightening will cause belt damage and premature bearing failure.

Running belt tracking adjustment:

The performance of your treadmill is dependent on the frame running on a reasonably level surface. If the frame is not level, the front and back roller cannot run parallel, and constant belt adjustment may be necessary.

The treadmill is designed to keep the running belt reasonably centred while in use. It is normal for some belts to drift near one side while the belt is running with no one on it. After a few minutes of use, the running belt should have a tendency to center itself. If, during use, the belt continues to move toward one side, adjustments are necessary.

Exception:

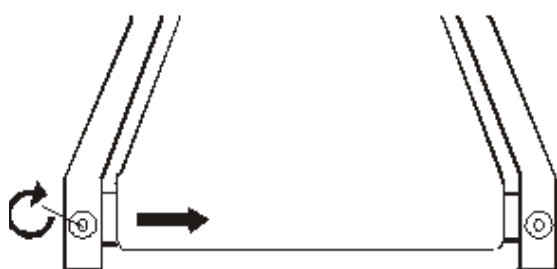
During rehabilitation where the user is using one leg much stronger than the other, it might happen that the running belt drifts to one side. In these cases

you should not adjust unless the running belt does not centre itself during normal condition usage.

To set running belt tracking:

A 10 mm Allen wrench is provided to adjust the rear roller. Make tracking adjustments from the left side only. Set belt speed at approximately 3 to 5 kph.

Remember, a small adjustment can make a dramatic difference!



Turn the bolt clockwise to move the belt to the right. Counterclockwise to move to the left. Turn the bolt only a 1/4 turn and wait a few minutes for the belt to adjust itself. Continue to make 1/4 rotation turns until the belt stabilizes in the center of the running deck.

The belt may require periodic tracking adjustment depending on use and walking/running characteristics. Some users will affect tracking differently. Expect to make adjustments as required to center the tread-belt. Adjustments will become less of a maintenance concern as the belt is used. Proper belt tracking is an owner responsibility common with all treadmills.

NOTE:

Damage to the running belt resulting from improper tracking /tension adjustments is not covered under the warranty.

Troubleshooting

Despite continuous quality control, defects and malfunctions caused by individual components may occur in the equipment. In most cases it's unnecessary to take the whole device in for repair, as it's usually sufficient to replace the defective part.

If the equipment does not function properly during use, or shows an error code, stop your workout immediately. Unplug the power cord and wait a few minutes. Plug the power cord in and check if the problem persists.

Mostly this will reset your treadmill and eliminates error code.

If the problem still persists contact your Tunturi dealer immediately. Always give the model and serial number of your equipment. Please state also the nature of the problem, conditions of use and purchase date.

If you require spare parts, always give the model, serial number of your equipment and the spare part number for the part you need. The spare part list is at the back of this manual. Use only spare parts mentioned in the spare part list.

Moving and storage

Move the Platinum Treadmill treadmill according to the following instructions: turn off the power switch and unplug the power cord from the wall and the treadmill. Stand behind the treadmill and take hold of the aluminium profile at the rear end of the treadmill. Tilt the rear end of the equipment so that it rests on the transportation wheels, and move the equipment by wheeling. Lower the treadmill carefully onto the floor.

NOTE:

Transport the treadmill with extreme caution over uneven surfaces, for example over a step. The treadmill should never be transported upstairs using the wheels over the steps, instead it must be carried. We recommend that you use a protective base when transporting the equipment. The running belt needs to be realigned and centred after moving.

To prevent malfunctioning of the treadmill, store it in a dry place with as little temperature variation as possible, protected against dust. Always unplug the treadmill from the electrical outlet when not in use.

Specifications

Product

Running deck..... 25mm (MDF)
Running belt (LxBxH) .3255x560x2.4mm
Running belt type..... Waxed
running area (LxB)..... 153x56x cm
Motor (HP)..... 5.0 - 8.0 HP*
Operating system AC
Speed (km)..... 0.8 ~ 26 KM/ H
Speed (ml)..... 0.5 ~ 16.3 Mph
Incline 0 ~ 15%
Mains frequency 50 - 60 Hz
mains voltage 220 - 240V AC
Height 144 cm - 56.69 inch
Length..... 213 cm - 83.86 inch
Width 89 cm - 35. 04 inch
product weight 175 kg - 385 lbs
Max. User weight..... 150 kg - 330 lbs

Ergonomics

Handrails Yes
Add. Quick key in display Speed
- Incline
HR Chest strap ... Option (2,4GHz ANT+
HR hand sensor..... Yes
Bottle holderyes

Monitor

Screen 15" TFT-LCD & LED Backlight
Languages..... 12
Programs 128
Manual 1
Quick start 1
Constant HRC 5
Prest programs 11
User programs..... 100
T-Road..... 3
Race 1 (Max. 100)
Workout trip 2
Fitness testCooper
- 2 KM walking

Media

- Media player
- Internet (Wi-Fi)
- Sound speakers
- Aux in (mini jack)
- Aux out (mini jack)
- 3 x USB

Control

- Touch screen

Quality

Operating environment.Home use & Full
commercial
EN-957 CLASS.....SA

The Platinum PRO treadmill meets the requirements of the EU's EMC Directives on electromagnetic compatibility (89/ 336/EEC) and electrical equipment designed for use within certain voltage limits (73/23/EEC). This product therefore carries the CE label. The Platinum treadmill meets EN precision and safety standards (Class SA, EN- 957, parts 1 and 6).

Due to our continuous policy of product development, Tunturi reserves the right to change specifications without notice.

NOTE:

The instructions must be followed carefully in the assembly, use and maintenance of your equipment. The warranty does not cover damage due to negligence of the assembly, adjustment and maintenance instructions described herein. Changes or modifications not expressly approved by Tunturi fitness B.V. will void the user's authority to operate the equipment!

We wish you many enjoyable trainings with your new Tunturi training partner

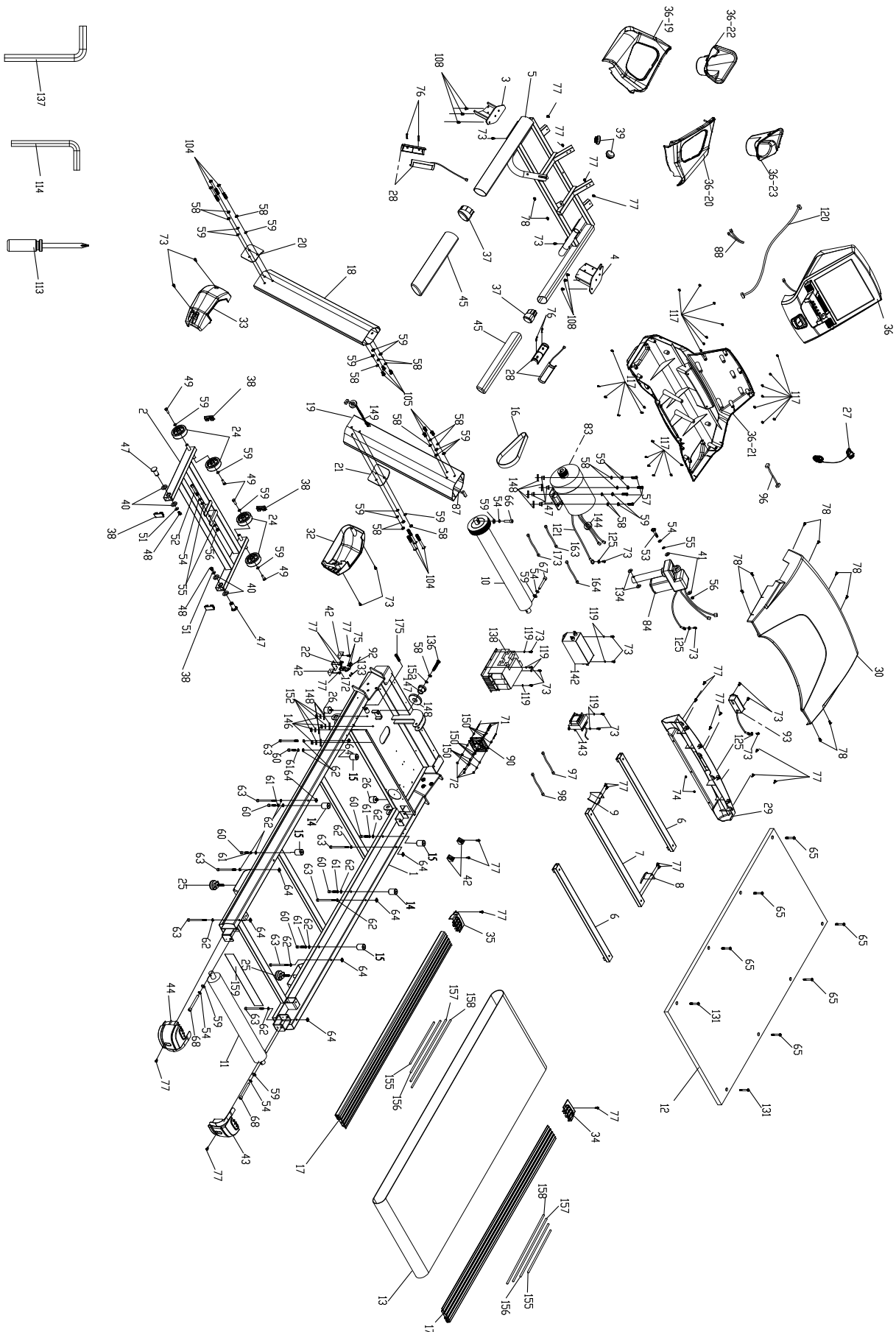
Parts list

No:	Description	Qty
1	Main frame	1
2	Incline bracket	1
3	Interface mounting bracket (LH)	1
4	Interface mounting bracket (RH)	1
5	Console support	1
6	Deck cross brace A	2
7	Deck cross brace B	1
8	Belt guide (RH)	1
9	Belt guide (LH)	1
10	Front roller assembly w/pulley	1
11	Rear roller assembly	1
12	Running deck	1
13	Running belt	1
14	Cushion A	2
15	Cushion B	4
16	Motor drive belt	1
17	Aluminum step rail	2
18	Aluminum upright (LH)	1
19	Aluminum upright (right)	1
20	Upright retaining plate (LH)	1
21	Upright retaining plate (right)	1
22	Hall sensor mounting bracket	1
23	Transportation wheel	4
24	Leveling glide	2
25	Rubber stop, incline	2
26	Safety key	1
27	Handpulse sensor assy w/cable	2
28	Front cover	1
29	Motor top cover	1
30	Motor base cap (RH)	1
31	Motor base cap (LH)	1
32	Step rail cap (RH)	1
33	Step rail cap (LH)	1
34	Console	1
36-	(36-19) Console top cover (LH)	1
36-	(36-20) Console top cover (RH)	1
36-	(36-21) Console bottom cover	1
36-	(36-22) Beverage holder (LH)	1
36-	(36-23) Beverage holder (RH)	1
37	Oval eye tube endcap	2
38	End cap	4

39	Round end cap	2
40	Incline carriage spacer	4
41	Nylon washer	2
42	Motor cover anchor	4
43	Rear roller end cap (RH)	1
44	Rear roller end cap (LH)	1
45	Handgrip foam	2
47	Carriage bolt	2
48	Hex head bolt	2
49	Hex head bolt	4
51	Flat washer	2
52	Hex head bolt	1
53	Hex head bolt	1
54	Split washer	6
55	Flat washer	3
56	Nyloc nut	2
57	Socket head cap bolt	4
58	Split washer	17
59	Flat washer	24
60	Socket head cap bolt	6
61	Split washer	6
62	Flat washer	14
63	Socket head cap bolt	8
64	Square shape cap nut	8
65	Flat head countersink bolt	6
66	Socket head cap bolt	1
67	Socket head cap bolt	1
68	Socket head cap bolt	2
71	Phillips head screw	4
72	Nyloc nut	4
73	Phillips head screw	19
74	Nyloc nut	2
75	Tapping screw	2
76	Tapping screw	4
77	Tapping screw	25
78	Sheet metal screw	10
83	Motor assembly	1
84	Incline motor	1
87	Lower computer cable	1
88	Handpulse wires	1
90	Motor compartment fan	1
92	Reedswitch sensor w/ wire	1
93	A.C. Input module	1
96	Power line cord	1

97	Connecting wire (white)	1
98	Connecting wire (black)	1
104	Button head socket bolt	6
105	Button head socket bolt	6
108	Socket head cap bolt	6
113	Phillips head screw driver	1
114	L Allen wrench (8m/m)	1
117	Sheet metal screw	26
119	Split washer	8
120	Upper computer cable	1
121	Motor ground wire	1
125	Star washer	3
131	Flat head countersink bolt	2
133	Sheet metal screw	2
134	Nylon washer	2
136	Hex head bolt	1
137	L allen wrench (3/8")	1
138	A.C. Inverter, motor	1
142	Filter	1
143	Choke	1
144	O ring for eliminate magnet	1
146	Nyloc nut	4
147	Isolation bushing	5
148	Nylon washer	9
149	Ending tape	1
150	Isolation pad	12
152	Flat washer	5
155	Non-slip rubber	2
156	Non-slip rubber	2
157	Non-slip rubber	2
158	Non-slip rubber	2
159	Main frame back plate	1
163	Motor fan connect cable	1
164	Motor fan connect cable	1
172	Sensor rack	1
173	Connecting wire	1
175	Socket head cap bolt	1

Exploded view



TUNTURI®

www.tunturi.com

**TUNTURI FITNESS B.V.
P.O. BOX 60001
1320 AA
THE NETHERLANDS**

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